

SHARKS TALE

DECEMBER 2023

NEWSLETTER

WISHING OUR SHARKS FAMILY A VERY MERRY CHRISTMAS & HAPPY NEW YEAR



TEAM UNIFY



After working with Team Unify to ensure past times for our swimmers, proper accounting on the platform, a functioning calendar, an excellent email platform, a basic website which comes with the platform are functioning and included we are finally ready to roll out to our members. And there is more

More information needed? Ask Coach David, Aunty Lisa and Aine

WORLD AQUATICS LEV 1 CERTIFICATION CLINIC

Another successful World Aquatics Lev 1 certification clinic held in St Lucia with 20 persons in attendance including our Coaches Diane, Evelyn and Marlon. This bodes good for swimming here as we ramp up for the National Aquatic Center underway with over 40 certified Coaches in LCA

The lecturer was Dave Farmer from Barbados who is very familiar with swimming in the OECS and was held at RHAC



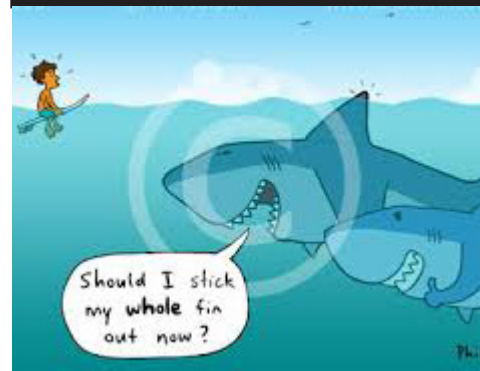
改善 KAI=Change
改善 ZEN=Good
改善 KAIZEN (Continual Improvement)

NUTRITION - Start training session fully hydrated



To ensure ideal hydration levels, swimmers should consume 14-20 ounces of water prior to the start of training. Swimmers can determine their own hydration level by observing the colour of their urine. Urine, light in colour, indicates good hydration; while urine, the colour of apple juice, indicates poor hydration. To prevent this from occurring, swimmers should rehydrate periodically throughout the training session. Consuming energy gels at the same time can help to refuel glycogen levels. Most gels are designed to be consumed every 20-45 minutes.

SHARK FINNY OF THE MONTH



SHARKS CONTACT

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MARLON JAMES SNR AND JNR COACH SAYS

I have a wealth of knowledge and practical experience in swimming, and believe I bring a fun yet stern approach to our swimmers. Sharks is a very young group and I am honoured to be part of a club in which I can grow with over the years. I look forward to the future with this club as I get the opportunity to influence young people in a positive and fruitful way.

Fun fact head coach David Peterkin was once my head coach as a swimmer.



GROWTH OF LEV 1-7

Our Lev 1-7 continues to grow with both Coach Evelyn and Coach Diane doing a tremendous job taking our young swimmers through a wonderful journey as they learn safety and introduction to stroke. Many of our older swimmers started in our Lev 1-7....Sharkiiiiiees



ABBIE ON DRY LAND!

Dryland training is critical to a swimmer's development. It plays a pivotal role in refining the physical attributes necessary for swimmers to excel in their sport. Dryland helps to build muscle strength and power, develop flexibility, increase endurance, and prevent injuries. Additionally, dryland training can help swimmers learn correct body mechanics which can then be translated to the pool. Dryland also adds variety to a swimmer's training which keeps training interesting and swimmers more engaged!



SPONSORS THANK YOU!

A huge thanks to all our sponsors for the kind and welcomed support for the Sharks family throughout the year, your partnership with us is very much appreciated and has helped us continue to grow in our quest to positively impact the youth in St Lucia through our magnificent sport Swimming.

As known in Sport here and in many countries volunteers are what makes sport function, to which we thank our many parents who strive to help make our challenges a little easier to overcome. Our volunteers have gone to many business houses requesting assistance to ensure our programme can continue on track by giving our swimmers an opportunity to participate in regional meets...We thank you all.

We look forward to a continued partnership with all sponsors that have been a part of our journey, the horizon is getting brighter. We encourage you to be a continued part of the growth of Sharks Swim Club.



WE ARE GRATEFUL FOR YOUR CONTINUED SUPPORT OF SPORTS IN ST LUCIA



PROUD SPONSOR OF SHARKS SWIM CLUB NEWSLETTER

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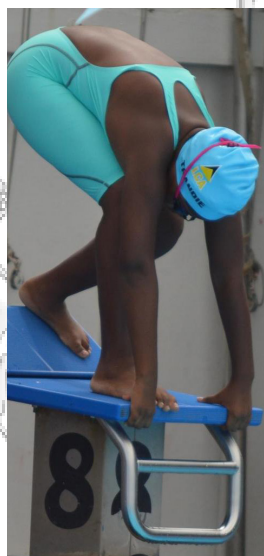
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SWIM MEETS OUR KIDS SWAM IN AFTER OUR RESTART IN SEPTEMBER

Capri Sun:(OECS Trials) our swimmers did well having been out of the pool for most of the Summer holidays, some best times were swam as our kids pushed as hard as they could. Making the OECS Team was Kayla Marise, Zaina, Jaimie and Thandie, Emma was a reserve on the team

OECS Meet: held in St Lucia for the second year in a row saw St Lucia placing fourth, Antigua winning the trophy once again. Our swimmers swam as best as they could with Kayla Marise swimming 5 PB times. What continues to be obvious is the amount of practices at least 9- 10 per week done by the other islands as compared to 5-6 practices for our swimmers

Grand Prix: Just completed, we came first in the female category....yea... second overall, lotsa best times were swam and lotsa fun was had by all, swimmers and parents



TEMPO TRAINER

The different modes:

MODE 1 is Strokes per second, used when we practice short sprints

MODE 2 is used for Interval training, just set the interval

MODE 3 is Cycles per minute we use when doing sets like 12x100 with a fixed stroke rate

An excellent piece of equipment to have.

WHAT OUR SHARKS ARE SAYING



Math Champions



COMPETITION

The best sharks fin in the colours of our flag?
Our winner was ERIC

SPONSOR DOMINO'S PIZZA

International Swimming Hall of Fame Coaches Clinic 2023



Bob Bowman

- Head Olympic Coach
- Arizona State University
- Coach of Michael Phelps
- 23 Olympic Gold Medals
- ISHOF Honoree, 2025

Sessions Conducted:

- Butterfly Technique
- The Secrets of IM Training



Brent Arckey

Brent is the Head Coach of Sarasota Sharks (FL), a USA Swimming Gold Medal ranked program and includes world record holder Summer McIntosh and Olympic medalist Emma Weyant.

Sessions conducted:

- Freestyle technique
- Distance Training for All Ages



Mark Schubert

- Head Olympic Coach
- National Team Director
- 53 USA Swimming Team Championships
- NCAA Team Champions at University of Texas & USC
- ISHOF Honoree, 1997

Sessions conducted:

- Backstroke Technique
- The Anatomy of a Team Meeting



Dara Torres

- 5-time Olympian
- 12 Olympic Medals
- ESPY Award Winner
- ISHOF Honoree, 2016

Sessions conducted:

- Mental Awareness of Sprinting
- The Importance of Dryland and Strength Training for All Ages

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